State of California Employee Assistance Program The Debt Danger Quiz

Yes	NO 1.	Is your credit card debt more than 10% of your NET annual income?
	1 2.	Is an increasing percent of your income going to pay debts?
	□ 3.	Are you paying bills with money earmarked for something else?
	1 4.	Do you use one credit card to pay off another?
	5 .	Are you tapping into savings to pay current bills?
	□ 6.	Do you have a six-month savings cushion?
	1 7.	Are you making only the minimum payments on your credit cards?
	□ 8.	Is your debt load affecting your health, family life, sleep, eating or drinking habits?
	9 .	Do you know the interest rate that you are paying on your credit cards?
	□ 10.	Do you have more than three credit cards?
	□ 11.	Are you at or near the limit on your credit cards?
	1 2.	Are you constantly "card-hopping" to get a "better deal"?
	□ 13.	Are you taking out a new loan to pay the old one? (e.g., refinancing the house to pay off credit card debt)
	□ 14.	Are you unsure about how much you owe?
	1 5.	Are you and your spouse / partner honest with each other about your debts?
	1 6.	Are you habitually late in paying your bills?
	1 7.	Are you considering "debt consolidation"?
	□ 18.	Have you considered bankruptcy?
	□ 19.	Have you been threatened with: ☐ Repossession of your car ☐ Cancellation of your credit cards ☐ Bill collection ☐ Other financial action

If you placed an "X" in the Yes column on question 6, congratulations, you are doing well.

However, if you placed an "X" in the Yes column on any of the other questions, you might want to contact your EAP at (866) EAP-4SOC or (TDD) (800) 327-0801 to request a free financial consultation.





